

26. (Amended) A method of indication for a unit dose of an orally consumable material for relief of discomfort and supplementing nutrition, comprising:

enclosing a unit dose of orally consumable material in an enclosure, said unit dose comprising a predetermined amount of discomfort reliever, and a predetermined amount of at least one nutritional supplement selected from the group consisting of vitamin and mineral, and

indicating said amount of said discomfort reliever in said unit dose,

indicating said amount of said nutritional supplement in said unit dose,

indicating a percent of a recommended daily value for said amount of said nutritional supplement in said unit dose, and

indicating that consumption of said unit dose provides relief for at least one discomfort selected from the group consisting of minor aches and pain associated with a common cold, headache, toothache, backache, muscular aches, minor pain of arthritis, fever, running nose, sneezing, itching of nose or throat, itchy watering eyes due to hay fever or other upper respiratory allergy, insomnia, sleepiness, fatigue and drowsiness,

said discomfort reliever not being adapted to aid in or contribute to nutrition supplementing of said nutritional supplement,

said nutritional supplement not being adapted to aid in or contribute to discomfort relieving of said discomfort reliever, said nutritional supplement not being adapted to aid in or contribute to reducing side effects of said discomfort reliever.

C<sup>2</sup> 32. (Amended) The method of claim 26 wherein said nutritional supplement is a functional nutritional supplement and said discomfort reliever is a functional discomfort reliever selected from the group consisting of ibuprofen, naproxen, caffeine and acetaminophen.

C<sup>3</sup> 34. (Amended) The method of claim 26 wherein said unit dose is formed into a pill, tablet or capsule.

38. (Amended) A method of indication for a unit dose of an orally consumable material for relief of discomfort and supplementing nutrition, comprising:

enclosing a unit dose of orally consumable material, in an enclosure having an indicator, said unit dose comprising a predetermined amount of discomfort reliever, and a predetermined amount of at least one nutritional supplement selected from the group consisting of vitamin, mineral and herb,

said indicator indicating said amount of said discomfort reliever in said unit dose,

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said indicator indicating said amount of said nutritional supplement in said unit dose, said indicator indicating a percent of a recommended daily amount of said nutritional supplement in said unit dose, and said indicator indicating that consumption of said unit dose provides relief for at least one discomfort selected from the group consisting of minor aches and pain associated with a common cold, headache, toothache, backache, muscular aches, minor pain of arthritis, fever, running nose, sneezing, itching of nose or throat, itchy watering eyes due to hay fever or other upper respiratory allergy, insomnia, sleepiness, fatigue and drowsiness,

said discomfort reliever not being adapted to aid in or contribute to nutrition supplementing of said nutritional supplement,

said nutritional supplement not being adapted to aid in or contribute to discomfort relieving functions of said discomfort reliever, said nutritional supplement not being adapted to aid in or contribute to reducing side effects of said discomfort reliever.

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42. (Amended) The method of claim 38 wherein said indicator is supported by said enclosure and said unit dose is formed into a pill, tablet or capsule.

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44. (Amended) A method of indication for a unit dose of an orally consumable material for temporary relief of discomfort and for supplementing nutrition with a nutritional supplement, comprising:

enclosing a unit dose of orally consumable material, in an enclosure having an indicator, said unit dose comprising a predetermined amount of discomfort reliever, and

a predetermined amount of at least one nutritional supplement selected from the group consisting of vitamin, mineral and herb,

said unit dose comprising at least 50 mg of said nutritional supplement and at least 50 mg of said discomfort reliever,

said indicator indicating said amount of said discomfort reliever in said unit dose,

said indicator indicating said amount of said nutritional supplement in said unit dose, said indicator indicating a percent of a recommended daily amount for said amount of said nutritional supplement in said unit dose, and said indicator indicating that consumption of said unit dose provides temporary relief for at least one discomfort selected from the group consisting of minor aches and pain associated with a common cold, headache, toothache, backache, muscular aches, minor pain of arthritis, fever, running nose, sneezing, itching of nose or throat, itchy watering eyes due to hay fever or other upper respiratory allergy, insomnia, sleepiness, fatigue and drowsiness,

said discomfort reliever not being adapted to aid in or contribute to nutrition supplementing of said nutritional supplement,

said nutritional supplement not being adapted to aid in or contribute to discomfort relieving functions of said discomfort reliever, said nutritional supplement not being adapted to aid in or contribute to reducing side effects of said discomfort reliever.

45. (Amended) The method of claim 44 wherein said nutritional supplement is vitamin C and said discomfort reliever is ibuprofen, said unit dose has a form selected from the group consisting of pill, tablet, and capsule.

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Please add claims 46-47 as follows:

C7 46. The method of claim 26 wherein said discomfort is sleepiness, fatigue or drowsiness.

~~47. The method of claim 26 wherein said discomfort is insomnia.~~